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Beloved Adhyapya:

Tonight I am going to talk to you on the subject of Consciousness, for the study of Consciousness in man is a difficult and abstract study, and yet at the same time it is one that we ought to understand thoroly in connection with the Planes. So, I want you to read over what I am going to say carefully, and get as good an idea as possible of this Subject. I am not going to consider the States of Consciousness of other Evolutions other than man at this time.

If we are aware of anything, no matter whether we are dimly or actively aware of it, that awareness will bring its reaction, but this, in itself, does not constitute Consciousness, for it requires a memory of a reaction to produce a State of Consciousness, and it is the integration of reaction, and the adjustments which are made by virtue of the memory, that relationships are set up which are correlated into various States of Consciousness, and give rise to what are called the Planes. Man consists mainly of Consciousness, which can be touched from within, as well as from without, and we must try to understand the anatomy of Consciousness, in order to comprehend man and the Universe.

In the physical body of man there are specialized centers thru which each phase of Consciousness can be manifested, but the student is ill-advised to experiment with these centers without a thoro knowledge of their function, and the ability to control and particularly to close them if they become unduly active. Our brain, which is said to correlate with the Group Consciousness of God (for we are all cells in that great center) has gathered up the nerve centers which transform the physical senses into a State of Consciousness. Impressions come to us thru the gateway of our five senses, and it will be observed that all sensations are received by specially adapted touch contacts. Sound is heard by a series of touches of etheric atoms on the drum of the ear. Sight is the touch sensation caused by the impact of a particular type of etheric particles on the retina of the eye. Taste and smell are similar contacts on the mucous membrane. The whole body registers various sensations.

It does not follow, however, that the impressions received by the Individuality are apprehended by the indwelling Spirit. The Higher Self only registers and is modified by what the Ego apprehends. It is the Monad, or Life Nucleus, which is the central Spark of Divine Spirit around which Consciousness is built up.

There are two broad divisions of the Consciousness: first, the basic Consciousness of the Higher Self, wherein the Ego seeks to synthesize all experiences, and to influence the Lower Self by intuition and the Voice of Conscience; and, secondly, there is the Consciousness of the Individuality, with its background of worldly conditions and influences. It is very disadvantageous to the Soul, however, to be too fettered by the conditions of the Mundane Plane, which is frequently due to a sense of fear of the unknown, or a desire for the good things of this earth only. As long as the Consciousness dwells in the senses, it will see things from the standpoint of the senses, but when it is freed and rises to the level of the Higher Self, it will see things in relation to Evolution.

Consciousness is limited in Objective Functioning to one Plane at a time, therefore, to raise or lower Consciousness on the Planes requires a deliberate shifting of the focus of the attention. This may be done by concentration, and it is also attended by changing Polarity, for the Polarity alternates on the Planes. The effect of another dimension to Consciousness also has the effect of raising it, thru expansion of Consciousness, but concentration is the usual method, and concentration requires a deliberate shifting of the focus of Consciousness and deep

understanding and knowledge. For if a channel is made thru which Power may be drawn, it must be firmly supported by Wisdom and Love, if the Power is to be handled with Wisdom and Discretion.

The Power of the Planes, or the Power to function in different States of Consciousness, is not to be regarded lightly, neither is it necessarily attended by displays of Psychism. It is by raising Consciousness to the High Mental Planes that the Gulf dividing the Lower and Higher Self may be bridged, and the Great Spiritual Contacts be made. This requires much training, care, and perfection. If the physical body be clogged or undernourished, as is so often the case with people who are striving after Psychic Powers, the efficiency of Consciousness is impaired. If the body is clogged, Consciousness cannot work thru it, and if it is undernourished, Consciousness will tend to segregate from it, and become loose and detached and difficult to control. The demands of the Mundane World, also, will draw Consciousness away from the Unseen and prevent the necessary learning, for it is not possible to bend both ways at the same time, the attention must be focused on one or the other.

To invoke the High Spiritual Potencies requires a complete control of the Content of Consciousness, and it can only be attempted at the appropriate stage on the Path. Otherwise, there would be considerable risk, and such a narrowing of focus would destroy the mental balance, it is necessary when much concentration is used that there be alternating periods of relaxation and expansion of Life. It is, therefore, good to have a hobby of some sort to devote one's attention to, for instance, Gardening, where certain Nature Forces are contacted and give vitality. Long spells of concentration are apt to lead to fanaticism and loss of balance. On the other hand, if Consciousness be focused on the Lower Astral Plane, with matter for a background, and contacts be made with earthbound Souls who are endeavoring to draw on the etheric forces of the physical Plane, in order to satisfy their unfulfilled desires, then may be seen manifestations of the lower type of Magic, or Spiritualism, with all of its evil and devitalizing results. It is such a degradation of Consciousness that leads to obsessions, where the Individuality may be cast out and some undesirable Entity take its place.

Train the mind, learn to control the Body of Emotions, learn to control the Physical Vehicle. A Force is in function like an Electric current, one half of which is negative or Conscious, and the other half of which is positive or Subconscious, and the Subconscious always gives the stimulus. If the Spiritual Nature be inhibited, therefore, Consciousness will be short-circuited across the Mental Planes and focused on the Individuality only, and the Subconscious Mind, being positive, may assume control. If we consider that our Egos are a synthesized Consciousness of all past lives, and that all that synthesis remains in our Sub-Consciousness, we shall realize that the Subconscious plays a very important and forceful part in our lives. Now, as the Subconsciousness was built up in the past, the past will, therefore, assume control, and the Past, lying behind Evolution, belongs to the Left-Hand Path. Man will, therefore, return to an earlier phase, while retaining the faculties of a later form of Evolution, which will destroy his balance.

Now, remember, the Subconscious Mind of the Individuality contains all those impressions which fail to penetrate Consciousness, and, by training, we may gradually push the barriers back which limit Consciousness, and so have the advantage of a much wider range of knowledge. Persistence in this method of pushing back the barriers is the one means whereby Consciousness of past lives may best be obtained. If our thoughts dwell too much in the Individuality we shall tend to limit Consciousness to the Individuality, for if we desire to contact the Higher Stages of Consciousness, we must expand our faculties and live more in the light

of Eternity and Evolution. There is a great difference, however, between the limitations of Consciousness and a limited Consciousness. Let us break down the barriers of Limitations and take every means of educating and developing the latent Powers of the Subconscious Mind. Meditation is a good practice to achieve this result. To meditate on such qualities as strength, foresight, and wisdom, will build into our minds the Consciousness of Power, or to meditate on the fundamental Logoidal aspects of Love, Wisdom, and Power, will induce a balance of the Spiritual, Mental, and Emotional Aspects of our Nature, which should help our Evolution considerably. To meditate habitually has the effect of educating the Subconscious Mind, and this, being the stimulator, has much more power and plays a far greater part in our lives than is generally realized. The Masters use the Subconscious Mind very considerably in teaching their pupils, and these pupils, on the physical Plane, by bringing new ideas into manifestation, are able to convey these ideas to the Conscious and the Subconscious Mind of the Race. It is interesting to see how sensitive minds in different localities pick up the same ideas practically simultaneously, altho quite independently of each other. Superconsciousness, which may occur as a flash or something transcending our ordinary apprehension, is also registered in the Subconscious Mind, where the images are impressed thereon, and may be read by the Conscious Mind at leisure. Meditation will, therefore, be found to modify Superconscious experiences and assist in their relationships.

The relationship between Time and Consciousness on the Inner Planes is principally that of awareness plus memory. All is registered on the Inner Planes, whether the occurrence be recent or in the remote past. Like a register in the Mundane World all its entries are brought to Consciousness in the Present as we look thru its pages, no matter when the entry was made. So it is with Consciousness on the Inner Planes, a thought brings into awareness and memory a whole train of associated ideas, irrespective of when those ideas were first formed, and, therefore, they are present in Consciousness. Also, there are many realizations we have not yet obtained, things pertaining to the future Evolutions and development of which we are not yet aware and have no memory; they now exist, however, in the Consciousness of those more evolved than ourselves and some day will come within the range of our own awareness. There are States of Consciousness belonging to the Past which we have entirely outgrown and forgotten, and of which we have no awareness whatever. This is an approximate means of measuring the past, present, and future on the Inner Planes, and from it we may gather some impression of the continuity of the "Eternal Now" as Consciousness would probably appear in the Mind of God.

Thus, it will soon be seen that, when dealing with States of Consciousness on the Inner Planes, there is considerable risk of error in regard to the translations of the impressions received on the Mundane Planes. Psychic experiences must be accepted with discrimination, and you will see that on the Mundane Plane we will need to watch our reactions and train our powers of observation and memory, for these are the principal factors which will give us the development and expansion of Consciousness which it is our aim to achieve in order that we may contribute our full quota to the Consciousness of God.

In the Bonds of the Eternal Brotherhood,

Sri Dayananda,

S. C.